

**WE CLAIM**

1. A consumable farinaceous food product comprising  $\alpha$ -cyclodextrin and fat, wherein said food product has a ratio of  $\alpha$ -cyclodextrin to fat of 1:20 w/w to about 1:3 w/w of said food product and wherein said food product comprises less than about 9% w/w total cyclodextrin.
2. The consumable farinaceous food product of claim 1, comprising at least about 7% to about 80% fat by caloric content.
3. The consumable farinaceous food product of claim 1 comprising less than about 6% w/w total cyclodextrin.
4. The consumable farinaceous food product of claim 1 wherein the food product is cooked.
5. A consumable non-farinaceous food product comprising complexes of  $\alpha$ -cyclodextrin and fat, wherein said non-farinaceous food product has a ratio of  $\alpha$ -cyclodextrin to fat of 1:20 w/w to about 1:3 w/w of said food product.
6. The consumable non-farinaceous food product of claim 5 wherein said non-farinaceous food product is a dairy, meat or vegetable food product.
7. The consumable non-farinaceous food product of claim 6 comprising less than about 9% w/w total cyclodextrin.
8. The consumable non-farinaceous food product of claim 5 comprising 5% to 50% fat w/w.
9. A method for enhancing organoleptic properties of a fat containing consumable food product comprising adding  $\alpha$ -cyclodextrin to said fat containing food product such that the food product has a ratio of  $\alpha$ -cyclodextrin to fat of about 1:20-1:3 w/w and wherein said food product comprises less than about 9% w/w total cyclodextrin.
10. The method of claim 9, wherein the  $\alpha$ -cyclodextrin is a substantially pure  $\alpha$ -cyclodextrin.

11. The method of claim 9, wherein said consumable food product comprises about 7% to about 80% fat by caloric content.
12. The method of claim 9, wherein the fat containing consumable food product is a consumable farinaceous food product.
13. A method for reducing the bioavailability of a fat in a consumable fat containing food product comprising determining the amount of fat in a consumable fat containing food product and combining  $\alpha$ -cyclodextrin with the consumable fat containing food product such that the consumable fat containing food product comprises a ratio of  $\alpha$ -cyclodextrin to fat of about 1:20 to about 1:3 w/w wherein said  $\alpha$ -cyclodextrin is not removed from said food product prior to consumption.
14. The method of claim 13, wherein the consumable food product is a consumable farinaceous food product.
15. The method of claim 13, wherein the consumable food product is a consumable dairy, meat or vegetable product.
16. The method of claim 13 wherein the consumable food product comprises about 7% to 80% fat w/w by calorie content.
17. The method of claim 13 wherein the  $\alpha$ -cyclodextrin is administered in the form of a pill, tablet, powder, capsule, liquid or confection.
18. A method for increasing the level of high density lipoprotein (HDL) cholesterol in a subject in need thereof comprising administering  $\alpha$ -cyclodextrin to a subject in need thereof in an amount sufficient to increase HDL levels.
19. The method of claims 18 wherein about 165mg to 11g of  $\alpha$ -cyclodextrin is administered to said subject with a fat containing meal.
20. The method of claim 18, wherein said subject consumes about 100g fat per day.
21. The method of claim 18, wherein  $\alpha$ -cyclodextrin is in an amount such that it is in a ratio of 1:20 to about 1:3 of fat ingested daily by the subject

22. The method of claim 18, wherein total cholesterol levels are not increased in said subject.
23. The method of claim 18, wherein the  $\alpha$ -cyclodextrin is administered in a form selected from the group consisting of a tablet, powder, capsule, liquid and a confection.
24. The method of claim 18, wherein the  $\alpha$ -cyclodextrin is administered to the subject in the form of the consumable farinaceous food product of claim 1.
25. The method of claim 21 wherein about 500mg to 33g of  $\alpha$ -cyclodextrin is administered to the subject in need thereof daily to increase the level of high density lipoprotein (HDL)
26. A method for reducing the cholesterol/HDL ratio in a subject comprising administering to a subject in need thereof an amount of  $\alpha$ -cyclodextrin wherein the amount of  $\alpha$ -cyclodextrin administered to said subject and fat ingested daily by said subject is in a ratio of about 1:20 to about 1:3 w/w.
27. The method of claim 26, wherein the  $\alpha$ -cyclodextrin is administered in a form selected from the group consisting of a tablet, powder, capsule, liquid and confection.
28. The method of claim 26, wherein the  $\alpha$ -cyclodextrin is administered to the subject in the form of the food product of claim 1.
29. The method of claim 26 wherein about 500mg to 33g of  $\alpha$ -cyclodextrin is administered to the subject in need thereof daily to reduce the cholesterol/HDL ratio.
30. A method for promoting weight loss in a subject in need thereof comprising administering to a subject in need thereof an amount of  $\alpha$ -cyclodextrin wherein the amount of  $\alpha$ -cyclodextrin administered to said subject and the amount of ingested fat said subject desires to prevent from being absorbed, are in a ratio of about 1:20 to about 1:3 w/w.
31. The method of claim 30 wherein said subject consumes a daily diet comprising at least 30% fat by caloric content.

32. The method of claim 30, wherein the  $\alpha$ -cyclodextrin is administered in the form of a tablet, powder, capsule, liquid or confection
33. The method of claim 30, wherein the  $\alpha$ -cyclodextrin is administered to the subject in the form of the consumable farinaceous food product of claim 1.
34. The method of claim 30 wherein about 500mg to 33g of  $\alpha$ -cyclodextrin is administered to the subject in need thereof daily to promote weight loss.
35. A method of reducing triglyceride levels in a subject comprising administering to a subject in need thereof an amount of  $\alpha$ -cyclodextrin wherein the amount of  $\alpha$ -cyclodextrin administered to said subject and fat ingested daily by said subject is in a ratio of about 1:20 to about 1:3 w/w.
36. The method of claim 35, wherein the  $\alpha$ -cyclodextrin is administered in the form of a tablet, powder, capsule, liquid or confection.
37. The method of claim 35, wherein the  $\alpha$ -cyclodextrin is administered to the subject in the form of the consumable farinaceous food product of claim 1.
38. The method of claim 35 wherein about 500mg to 33g of  $\alpha$ -cyclodextrin is administered to the subject in need thereof daily.
39. A method for reducing leptin levels, insulin levels or insulin resistance in a subject comprising administering  $\alpha$ -cyclodextrin to a subject in need thereof in an amount sufficient to reduce leptin levels, insulin levels or insulin resistance in said subject.
40. The method of claim 39, wherein the amount of  $\alpha$ -cyclodextrin administered to said subject and fat ingested daily by said subject is in a ratio of about 1:20 to about 1:3 w/w.
41. The method of claim 39, wherein the  $\alpha$ -cyclodextrin is administered in the form of a tablet, powder, capsule, liquid or confection.
42. The method of claim 39, wherein the  $\alpha$ -cyclodextrin is administered to the subject in the form of the consumable farinaceous food product of claim 1.

43. The method of claim 39, wherein about 500mg to 33g of  $\alpha$ -cyclodextrin is administered to the subject in need thereof daily.
44. A method for reducing diarrhea in a subject comprising administering to a subject in need thereof  $\alpha$ -cyclodextrin in an amount sufficient to reduce diarrhea in said subject.
45. The method of claim 44 wherein said subject is a cholecystectomy subject or a patient suffering from fat aggravated diarrhea.
46. The method of claim 44, wherein the  $\alpha$ -cyclodextrin is administered in the form of the consumable farinaceous food product of claim 1.
47. The method of claim 44 wherein the  $\alpha$ -cyclodextrin is administered in the form of a pill, capsule, wafer, tablet, powder, liquid or confection.
48. The method of claim 44, wherein about 500mg to 33g of  $\alpha$ -cyclodextrin is administered to the subject in need thereof daily.
49. The method of claim 44, wherein the amount of  $\alpha$ -cyclodextrin administered to said subject and fat ingested daily by said subject is in a ratio of about 1:20 to about 1:3 w/w.
50. The method of claim 18, wherein the  $\alpha$ -cyclodextrin is administered to the subject in the form of the consumable non-farinaceous food product of claim 5.
51. The method of claim 26 wherein the  $\alpha$ -cyclodextrin is administered to the subject in the form of the consumably non-farinaceous food product of claim 5.
52. The method of claim 30, wherein the  $\alpha$ -cyclodextrin is administered to the subject in the form of the consumable non-farinaceous food product of claim 5.
53. The method of claim 35, wherein the  $\alpha$ -cyclodextrin is administered to the subject in the form of the consumable non-farinaceous food product of claim 5.
54. The method of claim 39, wherein the  $\alpha$ -cyclodextrin is administered to the subject in the form of the consumable non-farinaceous food product claim 5.

55. The method of claim 44, wherein the  $\alpha$ -cyclodextrin is administered in the form of the consumable non-farinaceous food product of claim 5.
56. The method of claim 44 wherein the consumable food product comprises about 20% to 70% fat w/w or calories.
57. The method of claim 54 wherein the consumable food product comprises about 40% to 70% fat w/w or calories.
58. The method of claim 44 wherein the subject is a mammal.
59. The method of claim 58 wherein the mammal is selected from the group consisting of human, horse, cow, dog, and cat.
60. The method of claim 59 wherein the  $\alpha$ -cyclodextrin is administered in the form of a pet food.
61. A method for reducing the amount of time required to produce whipped cream comprising adding  $\alpha$ -cyclodextrin to cream during or prior to whipping said cream wherein  $\alpha$ -cyclodextrin is added in an amount sufficient to reduce the amount of time required to produce whipped cream.